

Health & Living

Introducing Jujube to Aruba



Jujube is one of the common names of the fruit whose scientific name is *Zizyphus mauritiana*.

It is claimed to have originated in China, as is everything else now-a-days. Very recently it has been planted

on Aruba and is doing very well, especially at Ari Lichtenstein's Land Farm. Its great appeals are the following:

- Bears fruit abundantly only after two years, and under one meter
- Needs little or no watering
- Disease and insect- free
- Grows rapidly (some pruning is necessary to keep plant within bounds).
- Tastes like an apple, looks like a little apple, crunchy as an apple, eaten as an apple.
- Loaded with goodies: Vitamin A, Vitamin C, protein, calcium, iron phosphorus, fiber.**

The fruit is plum-shaped, round, about 4 cm in diameter. When fully mature and ready for eating its skin is light green. When fully ripe the skin is mahogany brown and the flesh softer. It has one hard shelled seed which occupies as much as 30% of the fruit.

The few people on Aruba who has tasted it love it.

The Jujube's close relative on Aruba is the Appeldam, sometimes called Christ Thorn, Scientific name *Zizyphus spine christi*. However, the fruit of the Appeldam is smaller and its flesh tasteless, and unlike the Jujube, the tree is very thorny. Hence on Aruba it grows wild and is ignored.

The Jujube plants are available at Fantastic Garden.

Go, plant a Jujube tree.

God will be pleased. So, too, would the chuchubees, trupials and neighborhood boys.

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